

RADIO SHOW - OBESITY

I'm Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment, and this is the Healthy Kansas Minute. Obesity in adults and even in children is becoming more of a concern each day in Kansas and our nation.

In 2005, nearly 12 percent of Kansas kids from grades 6 to 12 were overweight, and more than 13 percent were at risk for becoming overweight. Based on the current direction things are going, one in three U.S. children born in 2000 is expected to develop Type II diabetes unless they begin eating less and exercising more. The risks increase for African American and Hispanic children to one out of every two children.

How can we reverse these unfortunate statistics? Parents should encourage their kids to stay active for least one hour a day. Children should eat at least five servings of fruits or vegetables every day. Television and videogames should be limited to two hours per day. Parents must lead by example by eating healthy and being active with their kids.

Healthy KS....

The Kansas Coordinated School Health Program helps schools develop programs to address nutrition, physical activity, obesity and tobacco prevention. If your child's school does not participate, make a suggestion and help organize involvement.

To learn more about health in Kansas, please visit www.healthykansas.org.
That's www.healthykansas.org. This has been the Healthy Kansas Minute!

